

Learning Intention: How can you perform a stance and a jab cross in Mini Muay Thai?

Year 1

I can get into the basic stance

I can get into a stance and keep my hands up while attempting the jab cross

I can perform a jab cross while standing in the correct stance

I can get into a stance and keep my hands up while attempting the jab cross

I can perform a jab cross while standing in the correct stance

I can perform a jab cross with good balance, when standing in the correct stance

Resources:

MMT Video

Starter:

Always start the session with a bow- this shows respect, and that you are ready to listen

Bow: Hands together lean forward to bow - say "Oss"

Oss: is used to start the MMT as a greeting and pay respect

Stance

1) The stance is the basic position you get into for all your punches, kicks, knees etc

Stance- Left foot forward, right foot back

- Important to keep your hands up to protect yourself
- Keep your chin down

Jab

1) The Jab is a type of punch - is from the hand that is at the front (same hand and same leg)

Jab - Left foot forward, right foot back
- Left arm forward, right arm back

or

Jab - Right foot forward, left foot back
- Right arm forward, left arm back

Children to practice this a several times (see video)

Cross

1)The cross is the punch that comes from the back e.g. the foot that is at the back, which means your same hand will be back

Cross - Left foot forward, right foot back or Cross - Right foot forward, left foot back
 - Left arm forward, right arm back - Right arm forward, left arm back

Children to practice this a few times (see video)

Jab cross

Jab cross - Is a combination of the Jab and the cross

Children to practice this a several times (see video)

Stance practice:

When in a stance - imagine the floor is really hot and you have to keep on the balls of your feet.
 -stand on balls of feet do not let your heels touch the floor

Can you do this for 30 seconds forwards and backwards - Keep on your toes.

Front kick

The front kick comes from the leg at the front of the stance that you kick with

Children to practice this a few times (see video for example)

Counting Fun

Follow coach Kelly on the video with some combinations, with the jab cross, front kick and some exercises

Extension :

IMPORTANT: Please note if you are completing this extension part of the lesson - Do this before the cool down on the video

In pairs can you remember and practice:

- 1) Stance

- 2) Jab Cross

Teacher to ask pairs to demonstrate these- children can be mini coaches to each other. What are they doing well how can they improve?

Q&A key points of the stance and Jab cross.

COOL DOWN

Follow coach kelly's cool down.

Remember finish with a bow "Oss" showing respect to each other that the lesson has finished.

PLENARY

What did you enjoy about today's lesson?

What are is important with the Stance?

What is important with the jab cross?